Getting along with a New Roommate

Living with strangers, or even friends, can be challenging. Here are some suggestions to make the relationship cordial and conflict free.

• **You do not have to be best friends.** The only expectations you should have of your roommate is that they respect you and you respect the living space.

• **Communicate.** As in any relationship, living with someone requires a great deal of work. Communication is key in making the relationship work well long-term, or even for a short time. If a problem comes up, it is better to talk about it right away than to try and ignore it and let it get worse.

• **Stay flexible.** Understand what is going on in your roommate’s life and try to accommodate them. If your roommate has a big test coming up, you should be quiet and let them study. If your roommate is busy and stressed with their job, give them some time and space to relax and unwind.

• **Be upfront about your expectations.** Set agreements and stick with them. This applies to food, clothes, possessions, loud activities, use of common areas, parties, quiet hours, cleaning responsibilities, and so on.

• **Respect each other’s privacy and personal space.** This is especially important if you share a small living area. Make a clear delineation between your stuff and your roommate’s stuff. That way you are only responsible for your things. You must always ask before “borrowing” anything, no matter if it is trivial. Definitely take good care of any borrowed items.

• **Follow through with your obligations.** If you say you are going to clean the kitchen, pay your roommate back for your share of the premium cable or utilities, or call the PV Office about a repair, then do it.

• **Be prepared to compromise.** Not everyone has the same ideas about day to day living as you do. You cannot ask your roommate to change himself or herself if you are not willing to change as well.

• **Clean up after yourself.** This does not mean that you have to be a neat freak, but do not leave your dirty dishes in the sink for days on end, dump your things in the living room, or leave mountains of laundry all over the apartment. Agree on a minimum standard of cleanliness that you will all abide by.

• **Be courteous of your roommate’s sleeping habits.** Keep your noise down and turn the lights down after your roommate goes to bed so you do not disturb them. The same thing applies for rising in the morning.

• **Spend time with your roommate.** Say hello and goodbye and show interest in his or her life. It also makes it easier to deal with problems that you have with that person if you have already established a rapport with them.

• **Divide responsibilities.** It may be a good idea to set up a chores schedule. Make sure you do your fair share of household chores, such as taking out the trash and recycling, cleaning the kitchen, and emptying the fridge of old food.

• **Share.** Decide what you will share. Decide what contents in the fridge are okay and which are off limits. If you borrow something, let your roommate know and (if necessary) try to replace it.

"Life’s ironic. Good memories can make you cry. Bad memories can make you laugh." ~ Cynthia Tjoe
COUNSELING ASSISTANCE
The UCI Counseling Center would like to announce its SUMMER HOURS
MONDAY - FRIDAY 8:30 AM to 4:00 PM
Effective: Monday, July 16th – Friday, September 21st
- Feeling overwhelmed?
- Having difficulty balancing
- Scared about grades? family and academics?
If you are feeling anxious or depressed about how your life is going, call (949) 824-6457 or come to the Counseling Center at 203 Student Services 1, Room 203 to set up an appointment. All counseling services are confidential.
For Life-Threatening Emergencies, Call 911 or the UCI Campus Police at (949) 824-5223. For Urgent Concerns, a Counselor is always available at (949) 824-6457 and select Option 2.
For more information about the Counseling Center and our services, go to https://counseling.uci.edu/

“Promises mean everything, but after they are broken, sorry means nothing.” ~ Unknown

FREE Yoga For Graduate and Family Housing Residents this Summer!
Every Wednesday from July 11th - September 26th
at 6pm in the PV Community Room
Palo Verde and Verano residents, partners, and friends - yoga is a convenient way to stretch and strengthen your body, focus your mind, relax, and get in a workout with your busy schedule. This class is suited for all levels and abilities, including beginners. Bring along an exercise mat or towel and a water bottle.
Yoga is brought to you FREE of CHARGE as a part of PVRC’s and VRC’s community programming! Space may be limited so be sure to show up early for your first session and to sign a waiver for the ARC!

Feel free to contact PVRC@uci.edu with any questions.
Like PVRC on facebook at facebook.com/PaloVerdeResidenceCouncil.

COMING SOON
August 15
September 19
PV PICNIC AND A MOVIE

“Practice the pause. Pause before judging. Pause before assuming. Pause before accusing. Pause whenever you’re about to react harshly, and you’ll avoid doing and saying things you’ll later regret.”
~ Lori Deschene

Hora del Cuento
Storytime in Spanish
Wednesdays at 10:30 am
UHills Community Center
Come sing along in Spanish, hear a story, and do an art activity. Come join us even if you don’t speak Spanish ... the kids love the story and the music!

University Hill Community Center
1083 California Ave.
Irvine, CA 92617
(949) 824-2425

For more information, please visit:
http://www.housing.uci.edu/housingOptions/Palo_Verde.html